

FOOD SAFETY TIPS FOR SAFE AND HEALTHY OUTDOOR BBQ'S AND PICNICS



Practicing proper food handling techniques will protect yourself, your family and friends from food-borne illness and food contamination. Here are some tips to keep in mind when preparing, storing, and cooking food as you celebrate July 4th or any other summer picnics, barbecues or outdoor activities that involves FOOD.

Wash Hands, Utensils, and Food Preparation Surfaces

- Food safety begins with hand-washing even in outdoor settings. And it can be as simple as using a water jug, some soap, and paper towels if sinks are not available.
- Consider using moist disposable towelettes or other hand sanitizers for cleaning your hands if running water is not available.
- Keep all utensils and platters clean when preparing food.

Preparing Fruits and Vegetables

- Rinse all fresh fruits and vegetables, including those with skins and rinds that are not eaten, under running tap water before packing them.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Keep cut cantaloupes and melons on ice, preferably below 45°F. Treat as a perishable food item.

Safe Grilling Tips

- Marinate foods in the refrigerator, not on the counter or outdoors. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately <u>BEFORE</u> adding the raw meat, poultry, or seafood. <u>DO NOT</u> reuse marinade after it comes into contact with raw foods.
- <u>**DO NOT**</u> use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it thoroughly. Use a food thermometer to be sure the food has reached an adequate internal temperature before serving.
 - o Beef, veal, and lamb steaks and roasts--145°F for medium rare, 160°F for medium, and 170°F for well done.
 - Hot dogs, Portuguese and other sausages-- 155°F.
 - o Hamburgers, ground pork and beef dishes--155°F.
 - o All poultry--165°F.
 - o Fin fish--145°F or until the flesh is opaque and separates easily with a fork.
 - o Shrimp, lobster, and crabs--the meat should be pearly and opaque.
 - o Clams, oysters, and mussels--until the shells are open.
- Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals where it can overcook.

Serving Food Safely

- Keep COLD foods COLD (below 45°F) and HOT foods HOT (above 140°F).
- Keep your poke and other ready-to-eat raw items in containers that are buried in ice just below the rim of the container. (Metal containers are much better than plastic for keeping foods cold when placed in ice.)
- Keep your macaroni/potato salads in shallow containers in ice.
- Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.
- Hot food should be kept hot, at or above 140 °F. Wrap well and place in an insulated container. This includes your tray of rice.
- Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.
- Ice that was used for cooling foods should not be consumed or placed in beverages.
- Don't let perishable food sit out at room temperature longer than 2 hours. If the perishable foods have been left out for longer than 2 hrs, discard. Do not re-serve as leftovers
- Food should not sit out for more than 1 hour in temperatures above 90°F

A Note About Transporting Food

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 45°F.
- Consider packing beverages in one cooler and perishable foods in another.
- Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables.
- After washing fruits and vegetables dry them with a clean cloth towel or paper towel before packing them.
- Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Limit the times the cooler is opened.



If you have any questions, please contact the

Department Of Health

Sanitation Branch at 586-8000.